



Spicy apple crumble



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



411 kcal

DESSERT

Ingredients

- ☐ 140 g oats
- ☐ 25 g almond flour
- ☐ 1 tbsp sesame seed
- ☐ 1 tsp ground cinnamon
- ☐ 50 g butter
- ☐ 1 tsp honey
- ☐ 800 g apples cored peeled roughly chopped (I usually use eating apples)
- ☐ 1 orange zest

- ☐ 10 cardamom pods
- ☐ 1 tbsp brown sugar

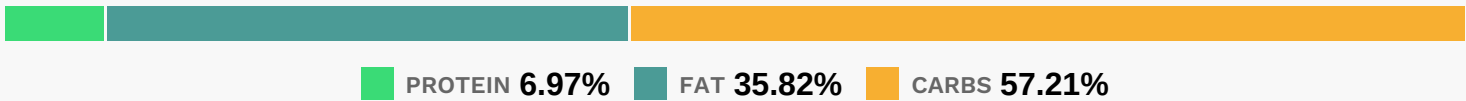
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Put the oats, almonds, sesame seeds and cinnamon into a large mixing bowl. In a small pan melt the butter with the honey then stir into the oats until it looks like rough breadcrumbs you might need to use your hands.
- ☐ Put the apples, orange zest and juice and cardamom in a pan and cook for 10 mins until softened. Pick out the cardamom pods. Spoon into a baking dish, sprinkle with the sugar and scatter with the crumble mixture.
- ☐ Bake for about 40 mins until golden and crunchy.
- ☐ Serve with vanilla yogurt, ice cream or custard.

Nutrition Facts



Properties

Glycemic Index:54.82, Glycemic Load:16.32, Inflammation Score:-6, Nutrition Score:15.261304330567%

Flavonoids

Cyanidin: 3.14mg, Cyanidin: 3.14mg, Cyanidin: 3.14mg, Cyanidin: 3.14mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 15.06mg, Epicatechin: 15.06mg, Epicatechin: 15.06mg, Epicatechin: 15.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg

Epigallocatechin 3–gallate: 0.38mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg
Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 8.02mg,
Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg

Nutrients (% of daily need)

Calories: 411.27kcal (20.56%), Fat: 17.32g (26.65%), Saturated Fat: 7.28g (45.51%), Carbohydrates: 62.24g (20.75%),
Net Carbohydrates: 50.91g (18.51%), Sugar: 25.74g (28.6%), Cholesterol: 26.88mg (8.96%), Sodium: 86.69mg
(3.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.18%), Manganese: 2.91mg (145.63%), Fiber:
11.33g (45.32%), Magnesium: 79.25mg (19.81%), Phosphorus: 192.79mg (19.28%), Vitamin C: 14.36mg (17.41%), Iron:
3.1mg (17.22%), Selenium: 11.11µg (15.88%), Copper: 0.31mg (15.44%), Vitamin B1: 0.23mg (15.14%), Zinc: 1.94mg
(12.92%), Potassium: 424.24mg (12.12%), Calcium: 101.35mg (10.14%), Vitamin A: 435.1IU (8.7%), Vitamin B6: 0.15mg
(7.73%), Vitamin B2: 0.13mg (7.58%), Vitamin K: 6.18µg (5.88%), Vitamin B5: 0.55mg (5.51%), Vitamin E: 0.83mg
(5.5%), Folate: 20.76µg (5.19%), Vitamin B3: 0.78mg (3.89%)